



*Interested In
Participating In The
Simplified Summer Food
Program?*



Call the Idaho CareLine to find a site
in your area!

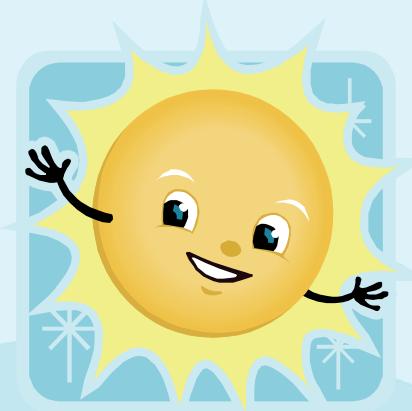


Simplified Summer Food
Program (SSFP)

Food that's in when school is out!



USDA is an equal
opportunity provider and
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What is the Summer Food Program?

This program makes sure
that children in many
parts of the state have
free, healthy meals over
most of their summer va-
cations.

Lunches (and sometimes
breakfasts) may be
served at a park, school,
church and other places
near your home.

Idaho Simplified Summer Food Program

**Where Children Find
Food, Fun and Friends.**



**Idaho State Department of
Education
Child Nutrition Programs
P.O. Box 83720**



Simplified Summer Food Program

FACTS ABOUT SUMMER FOOD

- * **It's easy**
- * **Open to all children and teens 18 and under**
- * **Your child can get free, healthy meals 5 days a week in most areas**
- * **You can save money on food bills all summer long**
- * **You can still get help from WIC, Food Stamps, or other programs**

| Everyone Wins With Summer Food! | |
|---------------------------------|---|
| Children | |
| Parents | |
| Food Service Workers |  |
| Organizations | |
| Communities | |

Eat Smart. Play Hard.™
Food and Nutrition Service, USDA

Will I have to fill out lots of forms?

No! Just find the nearest "open" site and bring your child or children there. Remember - you don't have to show proof of income or any other ID to get the free meals for your kids.

How can I find out if my town has places that serve Summer Food?

Call the Child Nutrition Office at the State Department of Education, at (208) 332-6820.

The Idaho CareLine can give you information too. Call them at 211.



Meals meet the Food Guide Pyramid requirements

Breakfast

1 cup of milk
1/2 cup vegetable(s) and/or fruit(s)
1 serving bread
Meat/Meat Alternate (optional)

Lunch or Supper

1 cup of milk
3/4 cup vegetable(s) and/or fruit(s)
1 serving bread
2 oz. Meat/Meat Alternate



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